

DEPARTMENTS OF THE ARMY AND THE AIR FORCE
NATIONAL GUARD BUREAU
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ARLINGTON, VA 22202-3231

NGB-ARH

02 FEB 2007

MEMORANDUM FOR The Military Personnel Management Officers (MILPO's) of All States, Guam, Puerto Rico, the Virgin Islands and the District of Columbia

SUBJECT: Implementation of the New Army Weight Accession Standards (NGB-ARH Policy memo # 07-006)

1. References:

- a. Department of Defense Instruction 1308.3, DoD Physical Fitness and Body Fat Programs Procedures, 5 Nov 02.
- b. Army Regulation (AR) 600-9, The Army Weight Control Program, 27 Nov 06.
- c. Army Regulation (AR) 40-501, Standards of Medical Fitness, 27 Jun 2006.
- d. Department of the Army Memorandum, US Army Accession Weight Standards, 29 Dec, 2006.

2. The purpose of this memorandum is to inform all MILPO's and ARNG Recruiting and Retention Commands of changes in the Army accession weight standards. The new standards were effective as of Monday, 22 Jan 2007 and will be incorporated in the ARNG Enlistment Criteria Memorandum (ECM).

a. In evaluating an individual's fitness for military service, the general health status of an individual should be evaluated along with his/her height and weight. The new retention weight standards implemented in AR 600-9 impose a change in the minimum accession weight standards for men and women and a change in the screening accession weights for women.

b. This memorandum grants all ARNG Recruiting and Retention Commands an exception to policy to use the following guidance when determining the minimum accession weights for men and women. Applicants processing for military service who fall below a weight for height that yields a Body Mass Index (BMI) of 19 or below will have a more thorough history and physical examination. The medical history, with matching physical findings, will include looking for metabolic, genetic, and psychiatric reasons for the applicant's low weight. If the examining privileged provider is unable to

NGB-ARH

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find any specific cause for a BMI of 19 or below, the applicant may be found qualified for military service.


c. The enclosed accession weight standards for female-initial Army procurement will be used instead of the current accession weight standards published in AR 40-501.

3. Pending publication of a revised AR 40-501 and revision of the ECM, an exception to policy for use of the accession standards relating to weight is authorized. Request widest distribution of all individuals involved in the application of accession physical standards.

4. All return justified (RJ) dates established for being overweight or over bodyfat, based on processing prior to 22 January 2007, will remain in effect until the RJ date expires. There will be no grandfathering of applicants or RJ date adjustments as a result of this change in weight standards. The implementation of this policy should result in a significant decrease in the need to body fat tape many NPS female Army applicants. These weight standards only apply to NPS applicants.

5. Points of contact for this policy may be contacted at 703-607-3401, DSN: 327-3401.

Encl


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**Military acceptable weight (in pounds) as related to height
and age for females – initial Army procurement**

	Maximum weight by years of age			
Height (inches)	FEMALE 17-20 BMI Range 25.5 to 25.8	FEMALE 21-27 BMI Range 25.8 to 26.1	FEMALE 28-39 BMI Range 26.1 to 26.5	FEMALE 40 + BMI Range 26.3 to 26.6
58	122	124	126	127
59	127	128	130	131
60	132	134	135	136
61	136	137	139	141
62	140	141	144	145
63	145	147	148	149
64	149	151	153	154
65	154	156	158	160
66	160	160	162	165
67	163	166	168	169
68	168	171	173	174
69	173	176	178	180
70	178	181	183	185
71	183	186	188	191
72	189	191	194	196
73	194	196	200	202
74	199	203	204	206
75	205	208	210	212
76	210	213	215	216
77	216	219	221	223
78	222	224	227	229
79	227	230	234	236
80	233	236	240	241

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